

# Our Commitment to Truth and Reconciliation

This is a living document, just as our team's (Land-Based Healing | Nature for Healing and CHeHC) commitment and work towards Truth and Reconciliation is ongoing.

National Day for Truth and Reconciliation recognizes the tragic legacy of residential schools, the missing children, the families left behind and the survivors of these institutions. September 30 marks the National Day for Truth and Reconciliation, a day that coincides with Orange Shirt Day.

Today we remind ourselves, and our neighbours, that Reconciliation is an active process that must involve us all, and always starts with learning.

Whether we need to start or deepen our understanding of this day and this process, [The National Centre for Truth and Reconciliation](#) has resources to deepen understanding of the legacy of residential schools that is ongoing, including workshops, videos and links to the Truth and Reconciliation Commission of Canada's reports.

For those of us who are settlers, and from all of us who are child environmental healthcare providers, trainees and staff dedicated to promoting child & environmental health, we recommit, in many ways, to our active learning & support of this process.

We express our commitment today as an act of sincerity & transparency, and we will ensure we hold ourselves, and invite to be held by others, accountable for this.

We commit by continually looking for ways we can amplify Indigenous Voices and support Indigenous Sovereignty.

We commit through our ongoing learning of how to be, not just better allies, but true accomplices in the process of Reconciliation. As it was explained to me, Anna Gunz, by a man I am honoured to call a friend, Bill Hill, Mohawk Healer, (paraphrased) "an ally is someone who creates space for others to do the work, and an accomplice is someone who gets in the dirt and does the work alongside them". In this way, we commit to continue to learn to get dirt under our nails, and find the best ways and spaces to support new, healthy, growth. This requires reflection, humility and an open, sincere, gratitude for feedback and guidance as we walk with together on these paths.

We commit to active participation in reconciliation, as members of the medical community, as individuals that make up families and communities, and as individuals who participate in healthcare systems. We practice this commitment by ensuring we are actively listening, seek out available learning and by reflecting on the effects of a historic, and perpetual colonial system, on the physical, mental, emotional and spiritual health of this Land and Her Peoples.

We extend our sincere gratitude to our Indigenous friends, colleagues, partners, and those we have been honoured to support in their healthcare journey, who have shared their creativity, energy and teachings with us. We acknowledge the heavy weight this work carries; working with, and through, trauma to heal others requires immense strength.

Educating settlers is an extra burden. We are grateful for your teachings and commit to ensuring we actively engage and learn from existing resources, and support the education of fellow-settlers with this available teaching, to help ease that burden, in ways, and with words, that it is appropriate that we have involvement.

We are grateful for Nicole Yawney's friendship and leadership in the Land-Based Healing Program. Her tireless efforts and boundless compassion and empathy are beyond admirable. Thank you, Nicole.

We commit to seek out ways to support the health of the environment, and care for children, youth and families whose health has been impacted by environmental pollution, degradation, their displacement from land and climatic instability.

-The Land-Based Healing | Nature for Healing team and CHeHC team